

## A NIDANPANCHAK ASPECT OF GRAHANI: CONCEPTUAL STUDY

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Article Received on  
06 October 2018,

Revised on 26 October 2018,  
Accepted on 16 Nov. 2018

DOI: 10.20959/wjpr201819-13663

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### ABSTRACT

Grahani is a very important organ of the annavaha srotas as ahara paka (digestion) is greatly dependent upon its function. In this article we understood the basic concept of grahani according to nidan panchak. Nidanpanchak helps the idea from the etiological factors to the pathogenesis of the disease. Grahani is the disease of clinical importance in this modern era because of improper dietary habits and stressful life style. today life style and stress leads agnimandya. Agnimandya is the main factors in the samprapti of the grahani dosha. So grahani roga can be managed by agnivardhan, deepan, pachan drugs and change in life style.

**KEYWORDS:** Grahani, deepan, pachan, lifestyle.

### INTRODUCTION

The life span, complexion, strength, health, enthusion, corpulence, lustre, immunity, energy, heat processes and vital breath all those depend on the body agni (dehagni). According to acharya charak agni is situated to this grahani. In acharya sushrut are define to grahani are-

षष्ठी पित्तधरा नाम या कला परिकीर्तिता !

पक्वामाशयमध्यस्था ग्रहणी सा प्रकीर्तिता !!

(Su. utt. 40/169)

The sixth kala (mucous membrane of the bowel) situated between the amasaya (Stomach) and the pakwasaya (Intestine) is called the pittadhara kala and the same is known as the grahani.<sup>[1]</sup>

Acharya charak (C.chi.15), Sushrut (Su.utt.40), Madhav (M.ni. grahani roga nidan) detailed describe the grahani and its disease condition. In annavaha srotas disease grahani is the main disease which are produced by the mandagni. grahani dosh and the grahani roga these two words are mention the charak samhita.

## MATERIAL METHODS

This article is based on a review of ayurvedic texts. Material related to agni, grahani. The main ayurvedic texts used in this article are charak samhita, sushrut samhita, ashtang hriday, madhav nidan and all relevant book which gives idea to complete this article.

### Nidan of Grahani

According to acharya charak the main cause of grahani is agnidushti. The cause of agnidushti is charak samhita(adhyay 15/42-43).

अभोजनाद.....विधारणात् !

(C.chi.15/42-43)

According to acharya charak nidan of grahani is deranged by fasting, eating during indigestion, over eating, irregular eating, intake of unsuitable, heavy, cold, too rough and contaminated food, faulty administration of emesis, purgation and unction, emaciation due to some disease, faulty adaption to place, time and seasons and suppression of natural urges.<sup>[2]</sup>

According to acharya sushrut the nidan of grahani (mention in Su. utt.40/167) is-

अतिसारे.....दूषयेत् !

(Su. utt. 40/ 167)

Acharya sushrut says the grahani of the patient deteriorates due to causes which diminish the digestive power when a person with a weak digestive power even after subsidence of diarrhea takes non beneficial diet, has digestive power deteriorate more leading to malfunctioning of the grahani.<sup>[3]</sup>

When the grahani gets severally affected by the excessively aggravated dosas either by each one separately or by all of them together and expels the food in the undigested form from itself when the stools are liquid and are passed repeatedly with pain and foul smell. However, the process of digestion may have been completed and then the stools may be passed repeatedly in the well formed state. This condition is known as the grahani disease by the ayurvedic experts.<sup>[4]</sup>

### Dosanudar Grahani Roga Bheda

According to acharya charak (C.si. 15/58) and acharya sushrut (Su. utt. 40/171) four types of grahani roga namely-

- 1) Vatik (Caused by the aggravation of vata dosh)
- 2) Pattik (Caused by the aggravation of pitta dosh)
- 3) Shleshmik (Caused by the aggravation of kaph dosh)
- 4) Sannipatik (Caused by the aggravation of tri dosh).<sup>[4]</sup>

### Purvarupa of Grahani Roga

The purvarupa of the grahani is mention in charak samhita chikitsa sthan 15/55 sushrut samhita uttarsthan 40/173 and madhav nidan 4/4-

पूर्वरूपं..... गौरवम् !

(Ca. chi.15/55).<sup>[5]</sup>

तस्योत्पत्तौ..... कूजनम् !

(Su. utt 40/173).<sup>[6]</sup>

पूर्वरूपं..... गौरवम् !

(Ma. ni. 4/4)

Means the pre monitory sign and symptoms of grahani roga are as follow-

- 1) Trishna (Thirst)
- 2) Alasya
- 3) Balakshaya (loss of strength)
- 4) Vidahoannasya (Burning sensation during digestion of food)
- 5) Pakasyachirat (Delayed digestion)
- 6) Kayasyagowravam (Heaviness in body)
- 7) Klam (Exhaustion)

- 8) Aruchi (Aversion of food)
- 9) Karnaksweda (Ringing in the ear)
- 10) Antrakujanam (Rumbling sound in the intestine)

### Grahani Roga Lakshan

The lakshan of the grahani is mention in charak samhita chikitsa sthan 15/53-54 and sushrut samhita uttarsthan 40/174-175 -

अतिसृष्टं.....उद्गारश्च जायते !<sup>[7]</sup>

(Ca. chi.15/53-54)

अथ जाते.....रुचिपिडितः !<sup>[8]</sup>

(Su. utt 40/174-175)

- 1) Atishristam Vibadham (Irregular bowel habits)
- 2) Trishna (Polly dyspsia)
- 3) Arochak (Anorexia)
- 4) Vairasya (Bitter taste in mouth)
- 5) Tamah pravesh (Darkness in front of mouth)
- 6) Sunpadkarah (edema on feet and hand)
- 7) Krish (lean thin)
- 8) Parwaruk (Pain in bone and joints)
- 9) Chardi (Vomiting)
- 10) Jwara (Fever)
- 11) Lohaamagandhiasittiktaamlaudgar (Eructation of metallic or ama or smoke smell; sour bitter and vinegar eructations)

### Vatik Grahani Lakshan

The lakshan of the vataja grahani is mention in charak samhita chikitsa sthan 15/56-64 and sushrut samhita uttarsthan 40/176 and madav nidan 4/6-10 -

मारुतः कुपितो.....अनिलात् !

(Ca. chi.15/56-64)

वाता.....मस्तकैः !

(Su. utt 40/17)

मारुतः कुपितो.....अनिलात् !

(Ma. ni. 4/4-10)

- 1) Annampachyate dukham (Difficult digestion)
- 2) Suktapaka (Hyperacidity)
- 3) kharangata (Roughness in body)
- 4) Kanthasyasosa (Dryness of throat and mouth)
- 5) Chut (Hunger)
- 6) Trishna (Thirst)
- 7) Timir (Blurred vision)
- 8) Karnayoswanah (Tinnitus)
- 9) Parsauruvankchangrivaruk (Pain inside of chest, thighs, pelvic region, neck)
- 10) Visuchika
- 11) Hritpida (Pain in cardiac region)
- 12) Karshya (emaciation)
- 13) Dorbalya (Weakness)
- 14) Vairasya (Distate in mouth)
- 15) Parikartika (Cutting pain in abdomen)
- 16) Griddhi sarwarasanaam (Desire to take all taste food items)
- 17) Girnegiryati cha adhamanam (Flatulence after and during the process of digestion)
- 18) Bhukte swasthamupaiti (Temporary relief after taking food)
- 19) Patient suspect as if he is suffering from vatagulma, hridroga, or pliha roga
- 20) Patient passes stool frequently with difficulty which is liquid mixed with hard stool
- 21) Ama associated with sound and froathyness
- 22) Patient also suffer from cough and dyspnoea.<sup>[9]</sup>

### **Pittaj Grahani Lakshan**

The lakshan of the pittaj grahani is mention in charak samhita chikitsa sthan 15/66 and sushrut samhita uttarsthan 40/176 and madav nidan 4/12 -

सोअजीर्ण.....तृडदित!

(Ca. chi.15/66)

पित्तात् सदाहै !

(Su. utt 40/176)

सोअजीर्ण.....तृडदित !!

(Ma. ni. 4/12)

- 1) Patient passes watery, bluish/yellowish undigested stool
- 2) Putiamaudgar (Foetid and sour eructation)
- 3) Hritkanth daha (Burning sensation in cardiac region and throat)
- 4) Aruchi (Anorexia)
- 5) Trishna (Thirst).<sup>[10]</sup>

### **Kaphaj Grahani Lakshan**

The lakshan of the kaphaj grahani is mention in charak samhita chikitsa sthan 15/68-70 and sushrut samhita uttarsthan 40/176 and madav nidan 4/12 -

तस्यान्नं.....च कफात्मके !

(Ca. chi.15/68-70)

गुरुभिः काफत् !

(Su.utt 40/176)

तस्यान्नं.....च कफात्मके !

(Ma. ni. 4/14-16)

- 1) Annampachyate dukham (Difficult digestion)
- 2) Hrillas (nausea)
- 3) Chardi (Vomiting)
- 4) Arochak (Anorexia)
- 5) Asyopdehamadhurya (Sliminess and sweatiness in mouth)
- 6) Kash (Cough)
- 7) Isthivan (Spitting sputum)
- 8) Pinus (Rhinitis)
- 9) Hridiyam manyate istiyam (Feeling sluggishness in cardiac region)
- 10) Udaram istamitam guru (Patient feels his abdomen is still and heavy)
- 11) Dusta madhur udgara (Sweetish eructation having foul smell)
- 12) Striaharshan (Lack of desire toward women)
- 13) Sristaguruwarch (Stool mixed mucous and heavy)
- 14) Aakrisasyapi daurbalyam (Without emaciation patient feels weak)
- 15) Aalsya (Lassitude).<sup>[11]</sup>

**Sannipataj Grahani Lakshan**

The lakshan of the sannipataj grahani is mention in charak samhita chikitsa sthan 15/72 and madav nidan 4/17 -

पृथग्वातादि.....परम् !

(Ca. chi.15/68-70)

पृथग्वातादि.....भेषजम् !

(Ma. ni. 4/14-16)

If person adopts such etiological factors which is capable of aggravation all the three dosas simultaneously leading to suppression of agni and manifest signs and symptoms of all the dosas is known as sannipataj grahani.<sup>[12]</sup>

**Sangraha Grahani Lakshan**

Acharya madhav has mention the concept of the sangraha grahani in grahaniroga nidanam 4/1-3.

अन्त्रकूजन.....ग्रहणी मता !

(Ma. ni.4/1-3)

- 1) Antrakujan (Intestinal gurgling)
- 2) Alasya (Lassitude)
- 3) Daurbalya (Debility)
- 4) Sadan (General malaise)
- 5) Passes stool which is liquid, cold, solid, unctuous, associated with pain in low back
- 6) Patient voids stool with excessive ama, sliminess, sound associated mild pain
- 7) Disease repeated with 15 days, 30days, 10 days or once in a day
- 8) Disease aggravated during day time and pacifies in night time.<sup>[13]</sup>

**Ghatyantra Grahani Lakshan**

Acharya madhav has mention the concept of the ghatyantra grahani in grahaniroga nidanam 4/4.

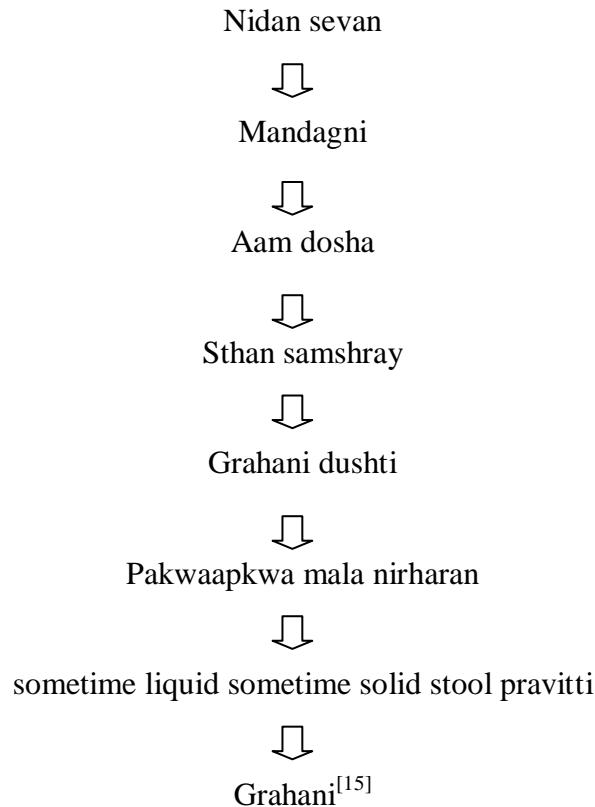
स्वपतः.....ग्रहणीगदम् !

(Ma. ni.4/4)

- 1) swapatah (Excessive sleeping)
- 2) Parswa sula (Pain in side of chest)

3) Galajalghatidhwanni (Produce the sound like that of water pouring out of pot while defecating).<sup>[14]</sup>

### Samprapti- samprapti chakra-



### Samprapti Ghatak

Dosh - Pitta pradhan tridosh

Dushya - Rasa

Saririk mala - Mutra, purish

Dhatu mala - Kaph, pitta

Agni - Jatharagni

Agnidushti - Agnimandhya (Mandagni)

Roga marga - Abhyantar

Adhishthan - Mahashrotas especially grahani.<sup>[16]</sup>

### Upasaya / Pathya

Sleeping, vomiting, langhana (fasting), taking in meals old sali rice, old sathi rice, liquid obtained from the cooked rice, pulse soup of masura (lantil), adhya and mudga (kidney beans) pulses, curd of cows milk containing no butter obtained from goats milk, curd sesame oil, liquor, honey, kamalkand, maulsri, both types of pomegranate, fresh fruits of kaserr, fruit



and flower of banana, pulp of fresh bilva fruits, sringataka, cangeri, vijaya, kapittha, bark of kutaja, cumin seeds, butter milk, leaves of kanvta, nisanna, jatiphala, jambu, coriander, tinduka, mahanimba, manjistha, pelave, meat of coriander, birds, meat soup of rabbit, ena and tittira khuddish, madhuralika, khalis, all types of sour liquids.<sup>[17]</sup>

### Anupsaya / Apathya

The following are considered to be harmful in case of grahani blood letting, roaming during night, drinking excessive water, bathing, intercourse, stopping flow of excretion nasal therapy, application of collyarium, svedana therapy, smoking, heavy work, uncomptiable food, sun bathing or enjoying fire heat, taking food items prepared from wheat white beans, urada (pulse soup), barley, ginger, mushroom, rajamasa, upodika, vastaka, kakamaci, ash gound or kasiphala, tumbi, rice drum stick, potato, arui and other tubers, betel leaves, sugarcane, berry, mango, snake cucumber, betel nut, garlic, kanji, sauvira, tusodaka, milk jaggery butter milk, coconut fruit or water, punarnava, fruit of kantakari, bamboo shoots, all type of leafy cuisine, contaminated water, cows urine, kasturi, yavaksara, all types of laxative liquids, draksa and like sour eatables, salt, taking heavy to digest meal, all types of pudding pari.<sup>[18]</sup>

### Differencial Diagnosis

	<b>Grahani</b>	<b>Atisar</b>	<b>Pravahika</b>
Lakshan	Irregular bowel habits	Liquid stool	Less amount of liquid
Samgathan	No blood in stool	Blood may be found in stool	Sakaph mala
Awastha	Chirkari	Ashukari	Ashukari
Upadrav	Karshya	Not much karshya	Not much karshya
Pravahan	No pravahan	No pravahan	Always pravahan
Adhistan	Agnistan means grahani	Pakwasaya	Pakwasaya

### CONCLUSION

The digested and undigested state of this disease are to be known like atisara, prognosis is like that of atisara. If an old person is affected by grahani roga, it will not leave him even after death. Grahani roga in children is curable, it is difficult for management in young and it is incurable in the old, according to dhanvantari.

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